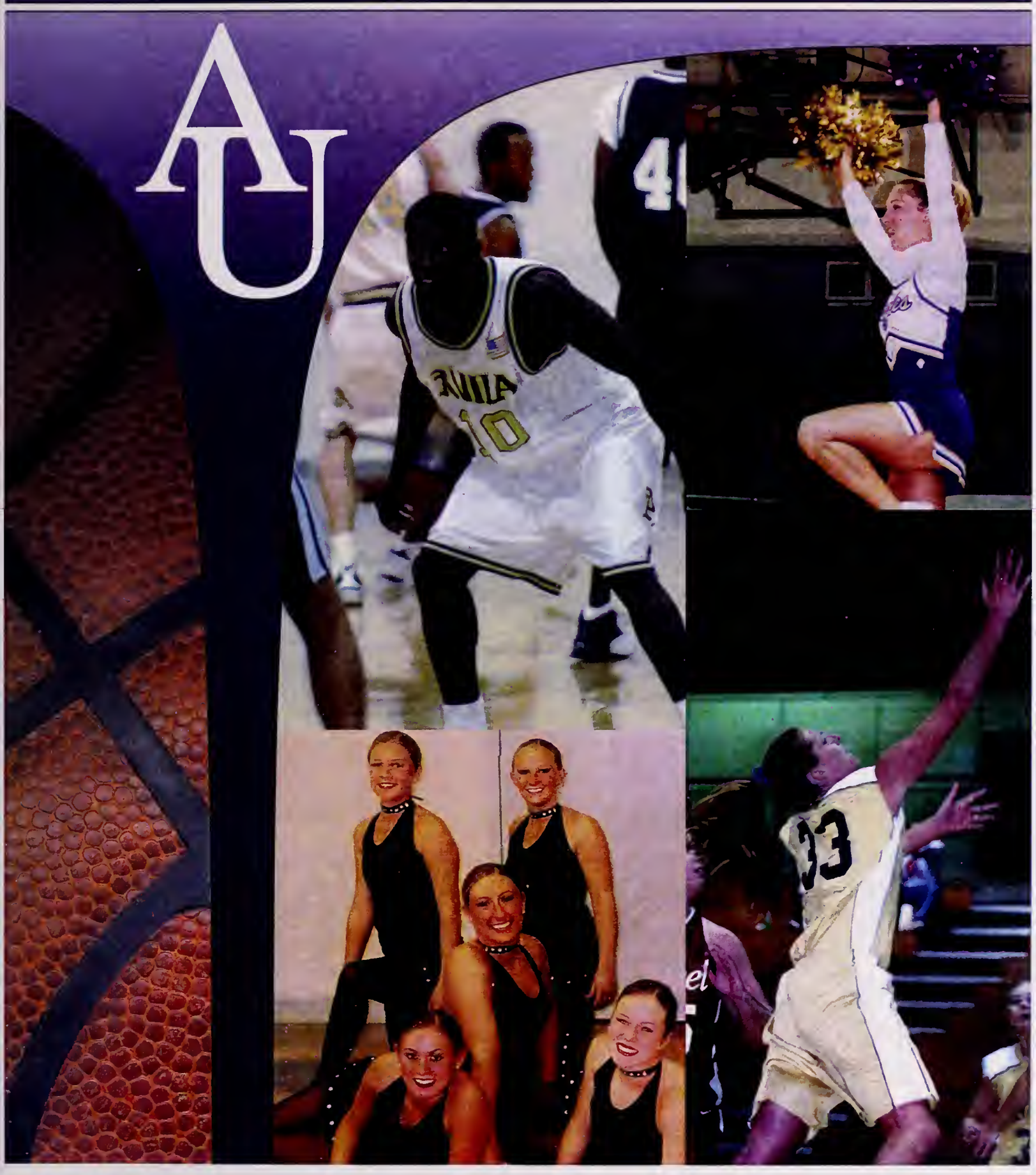
Avila University

2003-2004 Winter Sports Guide



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AVILA UNIVERSITY
SINCE 1916

Winter Sports Staff

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Greg Mittelsteadt Head Coach Women's Basketball	816-501-3740
Cindy Freeman Head Coach Dance Team	816-501-2478
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On the web...

www.avila.edu/athletics

A Message From . . .

. . . the President

Welcome to another year of exciting athletic events and programs at Avila University.

We congratulate our student athletes on their achievements in sports and their successes in their academic pursuits. Avila varsity athletic programs include football, men and women's basketball and soccer, men's and women's volleyball, baseball, softball, women's golf and competitive dance and cheer.

There are numerous activities at Avila for all of our students including, intramural sports, theatre, debate, and a variety of student organizations. Because of our size, all students can participate and take leadership roles in activities of their choice.

Most importantly, the Sisters of St. Joseph founded Avila in 1916 based on the value of excellence. We are committed to helping our students achieve excellence in their chosen fields of study and in their lives.

Join us in enjoying the excitement of Avila University athletic competition!

Sincerely,

Thomas F. Gordon, J.D., LL.M
President
Avila University

. . . the Athletic Director

Welcome to another exciting season of Avila Athletics. Avila has experienced a tremendous expansion since last school year. AU is as committed now as it has ever been to providing for our student-athletes.

This support comes in a variety of ways. Obvious examples of support are physical improvements. These improvements include the recent expansion of the Mabee Field House which included new locker rooms, a new training room, a multi-purpose room, a new softball/baseball batting cage, an expansive weight room, and a new playing surface for our volleyball and basketball teams. Our baseball field received a beautiful new Bermuda grass infield and we have built a new multi-purpose practice facility that will be utilized by our soccer and football teams.

These are just a few examples of the support our student-athletes are receiving. An additional type of support our students deserve is yours! Your involvement by regular attendance at competitions, vocal encouragement, and good sportsmanship are easy ways you can be supportive of our student-athletes.

Thank you for your interest in Avila Athletics and I look forward to seeing you at many more events this year.
GO EAGLES!

Sincerely,

Mike Sharpe
Director of Athletics

2003-2004 Team Outlook - Men

As Nick Totta enters his 5th season at the helm of the Avila men's basketball team, he looks for major improvements from a disappointing 2002-2003 campaign. Last season's team ranked 2nd in the Heart of America Conference in scoring at 78.7 ppg, but ranked last in team defense allowing 83.3 ppg. Coach Totta hopes that the offensive production will remain the same so that his Eagles can improve upon their 11-22 record, and 10th place Heart of America Athletic Conference finish, and return to their success in 2001-02, when they won 24 games.

The 2003-2004 Eagles will be led by HAAC 3rd team selection Chris Savell (6'7 Sr. Overland Park, KS). Savell averaged 15 ppg and was one of the conference leaders in free throw percentage. Nick Upoff (6'7 Jr. Porterville, CA) also returns and will be counted upon heavily after missing all of last season because of injury.

Anthony Sansone (5'8 So. Kansas City, MO) leads the return in the backcourt after a solid freshmen season. Ryan McCarthy (6'3 Sr. Leawood, KS) and Mike Socin (5'10 Sr. Arlington, TX) also saw extensive action last season and provide depth at the guard positions.

Several transfers are expected to play key roles for the Eagles immediately. The most visible addition to the Eagle lineup is 6'8 270 lb. Tivy Richards (Jr. Kingston, JM). A transfer from NCAA Division II Southern Arkansas University, Richards is definitely a big body and is expected to provide a low post presence. Clint Moore (6'5 Jr. Lenexa, KS) is another newcomer expected to contribute inside. Moore, who previously played at Lindenwood University, is an athletic player with good leaping ability.

On the perimeter, Kenny Johnson (6'1 Sr), a Kansas City native and standout at Penn Valley Community College brings some excellent basketball skills to the table. Joining him as a new face on the perimeter is Curtis Harrold (6'4 Sr. Orlando, FL) who played at NCAA Division II Regis University (CO) last season. Harrold is an athletic player who can play both the 2 and the 3.

Overall, the Eagles look to be improved. According to Totta, "We've really emphasized the importance of the defensive end. We have the potential to have some very good depth, both inside and out. If we can come together and play hard and play for each other, success will follow."

Head Coach - Nick Totta

Nick Totta enters his 5th season as head coach of the Avila University men's basketball team. During his four seasons here, Totta has built the Eagles into a solid NAIA program that is competitive within the tough Heart of America Athletic Conference. During the 2001-2002 season, Totta's Eagles set a school record for victories and compiled a 24-10 mark and finished 4th in the HAAC, ranking as high as 21st in the NAIA Division II National Poll.

A Kansas City native, Totta was a standout basketball and football player at O'Hara High School. He continued his successful athletic career at Ottawa University where he gained All-Conference and Academic All-American honors in basketball. He currently ranks among Ottawa's all-time leaders in assists, steals, and 3-point shooting.

Totta earned a bachelor's degree in Political Science while at Ottawa and then earned a master's degree in Education at Baylor University in Texas. He began his teaching and coaching career at White Rock High School in Kansas before spending 6 years as the assistant men's basketball coach at Culver-Stockton College in Canton, MO. He then spent 2 years as the head boy's basketball coach at Canton High School where his team made 2 straight district championship appearances and he was named the Class 1A Northwest District Basketball Coach of the Year for the 1997-1998 season.

Totta resides in Kansas City with his wife Amy and daughters Sloane (age 6) and Gentry (age 4).

Men's Roster

2003-2004 Avila University Men's Basketball Numerical Roster

#	First	Last	Class	Position	Hgt	Hometown
3	Kerek	Draper	Junior	Guard	6'0	Higginsville, MO
10	Kenny	Johnson	Senior	Guard	5'10	Kansas City, MO
14	Ryan	McCarthy	Senior	Guard	6'3	Leawood, KS
21	Curtis	Harrold	Senior	Guard	6'3	Orlando, FL
22	Michael	Socin	Senior	Guard	5'10	Arlington, TX
23	Anthony	Sansone	Soph.	Guard	5'8	Kansas City, MO
24	Jordan	Lewis	Junior	Guard	6'1	Blue Springs, MO
30	Matt	Esquibel	Soph.	Forward	6'4	Rolla, MO
32	Michael	Knaebel	Soph.	Forward	6'5	Spring Hill, KS
34	Chris	Savell	Senior	Forward	6'7	Overland Park, KS
42	Nick	Uphoff	Junior	Forward	6'7	Porterville, CA
50	Nate	Cane	Senior	Center	6'5	Lincoln, NE
55	Tivy	Richards	Junior	Center	6'7	Kingston, Jamaica

Head Coach: Nick Totta (5th year) Ottawa University (KS)
Assistant Coaches: Anthony Hall (5th year), Brian Sudis (3rd year), Rodney Seaba (1 st year)

Assistant Coaches

Anthony Hall

Coach Anthony Hall, a native of Mississippi, enters his 5th season as part of the Avila coaching staff.

A standout athlete at Port Gibson High School (MS), Hall went on to a successfull athletic career at Hinds Community College (MS) and Southeast Missouri State University.

Hall's coaching resume includes over 14 years of experience including national tournament appearances at Hutchinson CC and the State University of West Georgia.

Coach Hall resides in Kansas City with his wife Tracy, and children Taylor (12), T.J. (8) and Trevor (1).

Brian Sudis

Coach Brian Sudis enters his third season with the Eagles and will serve as the head junior varsity coach this season.

Sudis, a native of Oak Park, Illinois, received his bachelor's degree in communication from Barrington University and served nine years in the United States Navy.

Prior to coaching at Avila, Sudis coached at Chaminade Universtiy in Honolulu, Hawaii where he also served as the school's Sports Information Director.

He has also coached at the professional level, with the Makai Hurricanes in the semi-pro Pacific Basketball League.

Coach Sudis resides in Overland Park, KS with his wife Laura.

Rodney Seaba

Coach Seaba enters his first year with the Eagles. A four-year letter winner at Calvary Bible College (MO), Seaba also played internationally in the Phillipines with Athletes in Action.

Seaba has also coached at the high school level and is an instructor with the Rex Walters Basketball Academy. He spent 2 years as an assistant coach with the Kansas City Knights of the American Basketball Association and was part of their 2001 ABA Championship squad.

A US Army veteran, Seaba received in Bachelor's degree from Calvary Bible College in 1996 and received his master's degree from the University of Kansas in 2001.

He currently resides in DeSoto, KS with his wife Jamey and daughters Kassidy and Kasey.

2003-2004 Men's Schedule

2003-2004 Avila Men's Basketball Schedule

Day	Date	Opponent	Location	Start Time
		Dixon's Chili/KCAC HAAC Challenge		
Friday	**11/7/2003**	vs. **Ottawa University**	**Home**	**7:30 PM**
Saturday	**11/8/2003**	vs. **University of St. Mary**	**Home**	**7:30 PM**
		Baptist Bible Tournament		
Friday	11/14/2003	Williams Baptist College	Springfield, MO	6:00 PM
Saturday	11/15/2003	Winner/Loser: CBC vs BBC	Springfield, MO	6/8 PM
Thursday	**11/20/2003**	vs. **Columbia College**	**Home**	**7:30 PM**
Saturday	11/22/2003	at William Penn University	Oskalosa, IA	4:00 PM
Monday	11/24/2003	at Saint Mary College	Leavenworth, KS	7:30 PM
		ABC 17/Best Western Thanksgiving Classic		
Friday	11/28/2003	at Columbia College(tourn)	Columbia, MO	8:00 PM
Saturday	11/29/2003	at Missouri Baptist College (tourn)	Columbia, MO	1:00 PM
Tuesday	***12/2/2003***	vs. ***Central Methodist College***	***Home***	***7:30 PM***
Saturday	*12/6/2003*	at *Evangel University*	*Springfield, MO*	*4:00 PM*
Tuesday	**12/9/2003**	vs. **Bible Baptist College**	**Home**	**7:30 PM**
Saturday	1/3/2004	at Ottawa University	Ottawa, KS	7:30 PM
Monday	***1/5/2004***	vs. ***Lindenwood University***	***Home***	***7:30 PM***
Thursday	*1/8/2004*	at *Graceland University*	*Lamoni, IA*	*7:30 PM*
Saturday	***1/10/2004***	vs. ***Baker University***	***Home***	***7:30 PM***
Monday	*1/12/2004*	at *Culver-Stockton College*	*Canton, MO*	*7:30 PM*
Thursday	*1/15/2004*	at *Missouri Valley College*	*Marshall, MO*	*7:30 PM*
Saturday	***1/17/2004***	vs. ***Mid America Nazerene University***	***Home***	***7:30 PM***
Monday	*1/19/2004*	at *William Jewell College*	*Liberty, MO*	*7:30 PM*
Thursday	***1/22/2004***	vs. ***Benedictine College***	***Home***	***7:30 PM***
Saturday	*1/24/2004*	at *Central Methodist College*	*Fayette, MO*	*4:00 PM*
Thursday	**1/29/2004**	vs. **Park University**	**Home**	**7:30 PM**
Saturday	***1/31/2004***	vs. ***Evangel University***	***Home***	***4:00 PM***
Monday	*2/2/2004*	at *Lindenwood University*	*St. Charles, MO*	*7:30 PM*
Thursday	***2/5/2004***	vs. ***Graceland University***	***Home***	***7:30 PM***
Saturday	*2/7/2004*	at *Baker University*	*Baldwin City, IA*	*7:30 PM*
Monday	***2/9/2004***	vs. ***Culver-Stockton College***	***Home***	***7:30 PM***
Thursday	***2/12/2004***	vs. ***Missouri Valley College***	***Home***	***7:30 PM***
Saturday	*2/14/2004*	at *Mid America Nazerene University*	*Olathe, KS*	*7:30 PM*
Thursday	***2/19/2004***	vs. ***William Jewell College***	***Home***	***7:30 PM***
Saturday	*2/21/2004*	at *Benedictine College*	*Atchison, KS*	*7:30 PM*

All Home Games Played at Avila University. Italics indicate a Heart of America Conference Game

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Eagle Men

Men's Basketball

Head Coach
Nick Totta

Assistant Coach
Anthony Hall

Assistant Coach
Brian Sudis

Assitant Coach
Rod Seaba

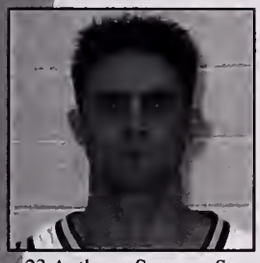
3 Kerek Draper Jr
Higginsville, MO

10 Kenny Johnson Sr
Kansas City, MO

14 Ryan McCarthy Sr
Leawood, KS

21 Curtis Harrold Sr
Orlando, FL

22 Michael Socin Sr
Arlington, TX


23 Anthony Sansone So
Kansas City, MO

24 Jordan Lewis Jr
Blue Spings, MO

RS Michael Knaebel So
Spring Hill,KS

34 Chris Savell Sr
Overland Park, KS

42 Nick Uphoff Jr
Porterville, CA

44 Tivy Richards Jr
Kingston, JA

45 Matt Esquibel So
Rolla, MO

50 Nate Cane Sr
Lincoln, NE

10 Jesse Mull Fr
Richmond, KS

14 Blake Carr Soph
Jefferson City, MO

RS Brett Schmitt Fr
Liberty, MO

20 Andrew Green Fr
Marceline. MO

21 Kyle Kelsay Fr
Oskaloosa, KS

23 Reid Rhinehart Fr
Denver, CO

24 Brendon Foley So
Overland Park, KS

34 Rance Waite So
Butler, MO

44 Mike Allen So
Raymore, MO

45 Chris McConnell Fr
Omaha, NE

50 Eric Reeves Fr
Olathe, KS

AU

2003-2004 Team Outlook-Women

Something old, something new is how the old saying goes. For the Avila University women's basketball team, the 2003-2004 season will be an attempt to blend several key returnees with a large group of newcomers. Second year coach Greg Mittelsteadt hopes the combination will result in a formula for success as he looks to improve upon last year's 14-20 record and 7th place finish in the Heart of America Conference.

On paper, the Eagles look to be an improved version of last year's athletic, up-tempo, perimeter shooting team. Mittelsteadt returns 4 starters and adds 2 highly touted junior college transfers to the mix. Combine that with a talented and athletic freshmen class and the Eagles should continue their trademark aggressive, up-tempo style.

On the perimeter, things should be in very capable hands as 5'7 senior Jenny McCarty (Stanberry, MO) an All-Conference Honorable Mention selection returns and 5'10 junior Rachel Bradberry, moves to the small forward spot. Sophomore Jessica Collins (5'10 Overland Park, KS) also returns.

Junior transfers Angie Kessler and Emily Eagan also look to contribute on the perimeter. Kessler (5'8 Jr. Grant, MI) was among the nation's leading junior college scorers as she averaged 17 ppg at Muskegeon Community College. Eagan (5'4 Jr Topeka, KS) a transfer from Cloud County Community College (KS) provides the Eagles with yet another dangerous 3-point threat.

Freshmen Nicole Williamson (5'6 Kansas City, MO) was a 4-year starter at Hickman Mills HS, one of Kansas City's top high school programs. She is joined by Belton High School product Ashley Simpson (5'6 Fr.), Rachel Boley (5'0 Fr. Rich Hill HS MO) and Brianna Lantsberger (Fr. 5'8 Raytown, MO). Freshmen Kate McClung (5'10 Rogersville, MO), a product of Logan-Rogersville HS will split time between the perimeter and the post.

Inside the Eagles are excited about returning starters, senior Katie Farr (6'0 San Diego, CA) and junior Kayla Thomas (5'11 Blue Springs, MO). Farr was, at times, a dominating presence on both ends of the floor. Thomas, a 2-year starter, garnered HAAC All Conference Honorable Mention honors last season. While neither have great size, both are the quick, athletic type of post players that thrive in Mittelsteadt's system.

Also figuring into the mix inside for the Eagles will be seniors Jaime Murdock (6'0 Oak Grove, MO) and sophomore Nikki Lincoln (6'0 Raymore, MO). Murdock, a transfer from Central Methodist College, sat out last season. Lincoln spent much of her time at the JV level.

Several athletic newcomers will also compete for playing time inside. University of Kansas transfer Lauren McCarthy (5'11 Fr. Leawood, KS) was a standout at Kansas 6A power St. Thomas Aquinas High School. Freshmen Caitlin Stephenson (5'10 Dallas, TX) won 3 state championships at Bishop Lynch High School. Freshmen Laura Lillard (5'10 Savannah, MO) prepped at North Andrew High School and was a standout player in the Northwest Missouri area.

Head Coach - Greg Mittelsteadt

Greg Mittelsteadt returns for his second season as head coach. Mittelsteadt, a Wisconsin native, is well-known in the circle of women's basketball, both in KC metro area and around the country. Prior to his arrival at Avila, Mittelsteadt spent 5 seasons as the head coach at Highland Community College (KS). During his time there, Mittelsteadt built the Highland program into a competitive force within the tough Jayhawk Community College Conference, leading the Scotties to their first ever NJCAA Region XI tournament bid. Previous coaching stops for Mittelsteadt include time as an assistant coach at Upper Iowa University, Bethany Lutheran College (MN), Martin Luther College (MN), and Marian College (WI).

In addition to his college coaching, Mittelsteadt is also an active and successful summer girls' basketball coach. He spent 3 years as a part of the nationally renown North Tartan Girls Basketball Club (MN). He then spent 5 summers as a coach with Higher Level Camps, INC., one of the largest summer basketball programs in Wisconsin. He currently serves as a consultant to the Higher Level Camps organization and is also active with the Missouri Valley Eclipse girls basketball club of Kansas City.

At last count, more than 100 of Mittelsteadt's players have gone on to play college basketball, including several to NCAA Division I institutions such as Stanford, Rutgers, and the University of Wisconsin. Mittelsteadt resides in Kansas City, MO.

2003-2004 Women's Roster

2003 Avila University Women's Basketball Numerical Roster

#	First	Last	Class	Position	Hgt	Hometown
10	Rachel	Boley	Frosh.	Guard	5'0	Rich Hill, MO
11	Jessica	Collins	Soph.	Guard	5'11	Overland Park, KS
12	Rachel	Bradberry	Junior	Guard	5'10	Independence, MO
13	Nicole	Lincoln	Soph.	Forward	6'0	Raymore, MO
14	Laura	Lillard	Frosh.	Forward	5'10	Savannah, MO
15	Emily	Eagan	Junior	Guard	5'4	Topeka, KS
20	Nicole	Willamson	Frosh.	Guard	5'6	Kansas City, MO
21	Lauren	McCarthy	Frosh.	Forward	5'11	Overland Park, KS
22	Jenny	McCarty	Senior	Guard	5'7	Stanberry, MO
24	Angie	Kessler	Junior	Guard	5'8	Grant, MI
30	Sarah	Clark	Junior	Forward	5'11	Kansas City, MO
31	Ashley	Simpson	Frosh.	Guard	5'7	Belton, MO
32	Caitlin	Stephenson	Frosh.	Forward	5'11	Dallas, TX
33	Katie	Farr	Senior	Forward	6'0	San Diego, CA
35	Kayla	Thomas	Junior	Forward	5'11	Blue Springs, MO
40	Kate	McClung	Frosh.	Guard	5'10	Rogersville, MO
42	Brianna	Lantsberger	Frosh.	Guard	5'8	Raytown, MO
52	Jaime	Murdock	Senior	Forward	6'0	Oak Grove, MO

Head Coach: Greg Mittelsteadt (2nd year) Martin Luther College, MN (1991)
Assistant Coach: Sherri Williams

Assistant Coach Sherri Williams

New assistant coach Sherri Williams brings a wealth of basketball playing and coaching experience to the Avila women's basketball program this season. The Hiawatha, KS native was a standout high school and junior college player and has 2 years of college coaching experience under her belt as well.

Williams was a 3A All-State basketball selection at Hiawatha High School and continued her playing career at Garden City Community College (KS). Following her career at Garden City, Williams quickly moved into the coaching ranks as she served as the assistant women's basketball coach at Highland Community College under head coach Greg Mittelsteadt during the 2001-2002 season. Williams remained as the assistant women's coach at Highland during the 2002-2003 season before rejoining Mittelsteadt at Avila this season.

Coach Williams is currently completing her degree in Elementary Education from Northwest Missouri State University and resides in Olathe, KS. In addition to coaching basketball, Williams is an accomplished rodeo competitor.

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Eagle Women

Women's Basketball

Head Coach
Greg Mittelsteadt

Assistant Coach
Sherri Williams

10 Rachel Boley Fr
Rich Hill, MO

11 Jessica Collins So
Overland Park, KS

12 Rachel Bradberry Jr
Independence, MO

13 Niki Lincoln So
Raymore, MO

14 Laura Lillard Fr
Savannah, MO

15 Emily Eagan Jr
Topeka,KS

20 Nicole Williamson Fr
Kansas City, MO

21 Lauren McCarthy Fr
Leawood, KS

22 Jenny McCarty Sr
Stanberry, MO

24 Angie Kessler Jr
Grant, MI

30 Sarah Clark Jr
Kansas City, MO

31 Ashley Simpson Fr
Belton, MO

32 Caitin Stephenson Fr
Dallas,TX

33 Katie Farr Sr
San Diego, CA

35 Kayla Thomas Jr
Kansas City, MO

40 Kate McClung Fr
Rogersville, MO

42 Brianna Lantsberger Fr
Raytown, MO

52 Jaime Murdock Sr
Kansas City, MO

RS Tiara Burns Fr
Raytown, MO

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2003-2004 Women's Schedule

Avila Women's Basketball 2003-2004 Schedule

Day	Date	Opponent	Location	Start Time
Friday	11/07/2003	at Benedictine Classic (Bethel)	Atchison, KS	5:00 PM
Saturday	11/08/2003	at Benedictine Classic (Harris Stowe)	Atchison, KS	Noon
Tuesday	11/11/2003	at Park	Parkville, MO	5:30 PM
Thursday	11/13/2003	at Haskell	Lawrence,KS	7:00 PM
		Ryland-Milner Classic		
Friday	11/21/2003	at NW Missouri State Classic (York, NE)	Maryville, MO	1:00 PM
Saturday	11/22/2003	at NWMS Classic (NWMS)	Maryville, MO	6:00 PM
Tuesday	11/25/2003	at Southwestern	Winfield, KS	7:00 PM
Saturday	**11/29/2003**	**vs Haskell**	**Home**	**7:00 PM**
Tuesday	***12/02/2003***	***vs Central Methodist***	***Home***	***5:30 PM***
Saturday	*12/06/2003*	*at Evangel*	*Springfield, MO*	*2:00 PM*
Tuesday	**12/09/2003**	**vs McPherson College**	**Home**	**5:30 PM**
Thursday	12/11/2003	at Washburn University	Topeka, KS	7:00 PM
Saturday	**12/13/2003**	**vs Park**	**Home**	**2:00 PM**
Sunday	**01/04/2004**	**Women's Basketball Alumni Day**	**Home**	**3:00 PM**
Monday	***01/05/2004***	***vs Lindenwood***	***Home***	***5:30 PM***
Thursday	*01/08/2004*	*at Graceland*	*Lamoni, IA*	*5:30 PM*
Saturday	***01/10/2004***	***vs Baker***	***Home***	***5:30 PM***
Monday	*01/12/2004*	*at Culver Stockton*	*Canton, MO*	*5:30 PM*
Thursday	*01/15/2004*	*at Mo Valley*	*Marshall, MO*	*5:30 PM*
Saturday	***01/17/2004***	***vs Mid America Nazerene***	***Home***	***5:30 PM***
Monday	*01/19/2004*	*at William Jewell*	*Liberty, MO*	*5:30 PM*
Thursday	***01/22/2004***	***vs Benedictine***	***Home***	***5:30 PM***
Saturday	*01/24/2004*	*at Central Methodist*	*Fayette, MO*	*2:00 PM*
Thursday	**01/29/2004**	**vs Stephens College**	**Home**	**5:30 PM**
Saturday	***01/31/2004***	***vs Evangel***	***Home***	***2:00 PM***
Monday	*02/02/2004*	*at Lindenwood*	*St. Charles, MO*	*5:30 PM*
Thursday	***02/05/2004***	***vs Graceland***	***Home***	***5:30 PM***
Saturday	*02/07/2004*	*at Baker*	*Baldwin City, KS*	*5:30 PM*
Monday	***02/09/2004***	***vs Culver-Stockton***	***Home***	***5:30 PM***
Thursday	***02/12/2004***	***vs Mo Valley***	***Home***	***5:30 PM***
Saturday	*02/14/2004*	*at Mid America Nazerene*	*Olathe, KS*	*5:30 PM*
Thursday	***02/19/2004***	***vs William Jewell***	***Home***	***5:30 PM***
Saturday	*02/21/2004*	*at Benedictine*	*Atchison, KS*	*5:30 PM*

All Home Games Played at Avila University. Italics indicate a Heart of America Conference Game

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2003-2004 Team Outlook - Cheerleading

In just their third year of existence, the Eagle cheer squad has quickly become an intercolegiate program that Avila University can be proud of. The squad has more than doubled in numbers again this year, growing from a group of 14 in 2002-2003 to a group of 30 in 2003-2004.. The Eagles cheer at both home and away intercollegiate football and basketball events. Performances include not only sideline cheers but also include collegiate level stunts, pyramids, and tumbling.

The cheer program found success in a number of venues last season. Four of the Avila University cheerleaders qualified to compete in the Partner Stunt Competition at the Collegiate National Championships sponsored by the Universal Cheer and Dance Association held last January at Walt Disney World in Orlando, Florida. The Eagles came away with a 13th place finish.

The entire squad then claimed the 2003 Heart of America Conference Spirit Squad Championship. Head Coach Jason Sack was recognized as the 2003 Heart of America Conference Cheer Coach of the year.

Once again, the Eagles were recognized as one of the top collegiate cheer squads in the Midwest at the UCA College Summer Camp in Springfield, MO. The Eagles made a clean sweep of the camp collecting first place finishes in Fight Song, Cheer, and Sideline categories. They also received special recognition as the "Most Collegiate" cheer squad.

Under the direction of head coach Jason Sack, the Eagles have developed an intensive and comprehensive training program which includes physical conditioning and stunt development. The Avila Cheerleaders have as their goal to support the interscholastic sports programs and the promotion of school spirit as a whole. They strive to be "good-will ambassadors" of the University and of the community through the involvement in and promotion of programs and activities. They work together to attain excellence in their performance with the ultimate goal of competition at the national level.

Head Coach - Jason Sack

Head Coach Jason Sack enters his third season directing the Avila University Cheerleaders. Sack, a native of Independence, KS has a long history of success as both spirit squad coaching and spirit squad performance.

Sack's cheer career began at Independence High School where he served as team mascot for four years. Following graduation, Sack continued his cheer experience at Independence Community College where he spent two seasons as a mascot and yell leader. From there he moved on to Pittsburg State University where he spent four more years as a yell leader and also served as cheer squad captain for the squad which earned a second place finish in national competition.

Sack's coaching experience includes a long history with the Universal Cheerleaders Association where he has been a Head Instructor since 1999. Prior to his arrival at Avila, Sack served as cheer coach at Independence Community College in 1999 and Park Hill High School from 1999 until 2001. His Park Hill squad was named Missouri State Large School Co-ed Champs in 2000.

Coach Sack received a bachelor's degree in Technology Education from Pittsburg State University and also serves as Avila's athletic facility director.

Assistant Coach - Amy Glass

Joining the coaching staff this season will be Kansas City native Amy Glass. Glass brings a wealth of experince to the program as both a cheerleader and a summer camp instructor.

Glass cheered for 4 years at Blue Valley High School and then continued her career at Pittsburg State University. While at Pittsburg, she served as team captain of the 2001 UCA National Championship Team.

Glass has served as a staff member with the Universal Cheer Association as a summer camp instructor and also spent 2 years as the cheer coach for Pittsburg High School. She graduated from Pittsburg State University with a Bachelor's degree in Psychology and a minor in Special Education. She currently teaches at Olathe South and Olathe East High Schools and also coaches the Olathe South cheerleading squad.

Avila Cheerleaders

Head Coach
Jason Sack

Assistant Coach
Amy Glass

Elizabeth Guerrero Sr
Los Angeles, CA

Heather Montes Sr
Blue Springs, MO

Brittany Baber Jr
Tribune, KS

Caylin Beebe Jr
Winfield, KS

Natasha Collins Jr
Maryville, MO

Alexis Garlotte Jr
Lee's Summit, MO

Tracey Holler Jr
McPherson, KS

Melissa Prewitt Jr
Lee's Summit, MO

Marcy Strait Jr
Blue Springs, MO

Cassie DeJongh Soph
Raymore, MO

Rachel Findley Soph
Pleasent Hill, MO

Alison Lawrence Soph
Lawrence, KS

Marie Shelton Soph
Independence, MO

Jessica Sticken Soph
Oak Grove, MO

Dacia Whalon Soph
Lee's Summit, MO

Cassie Beuerlein Fr
Raymore, MO

Allison Caton Fr
Kansas City, MO

Alison Garlotte Fr
Lee's Summit, MO

Lauren Holle Fr
Belton, MO

Kelly Kramer Fr
Olathe, KS

Erica Monroe Fr
Manhattan, KS

Danielle Plummer Fr
Independence, MO

Kristy Richards Fr
Liberty, MO

Tiffany Swan Fr
Macon, MO

Sarah Swope Fr
Independence, MO

Rosemary Wiggins Fr
Kansas City, MO

Cece Ziller Fr
Overland Park, KS

2003-2004 Team Outlook - Dance

The Avila University "Glitter Girls" dance team will take a new look for the 2003-2004 season. Coach and program founder Cindy Freeman will continue her duties on a fulltime basis and the squad size has increased from 16 to 30 dancers. The conclusion of this season will also mark the graduation of Erin Gray and Liz DiGirlamo, who have been with the program since inception in the year 2000.

The "Glitter Girls" have quickly developed into one of the premier college dance programs in the United States. Not only do the "Glitter Girls" perform at Avila University campus events and intercollegiate football and basketball contests, they are also competitive on the national level.

In each of the four years of their existence, the Glitter Girls have qualified to compete at the Universal Cheer and Dance Association's National Championships held in January at Walt Disney World in Orlando, Flordia. Not only have the Avila dancers competed nationally, they have found success as they advanced to the finals of the National Championships in each of the past 3 seasons competing against dance programs from a wide variety of colleges and universities from around the country. In 2003, they also captured the Heart of America Conference Spirit Squad Championship.

Under the direction of head coach Cindy Freeman, the Glitter Girls feature many studio trained dancers with both competitive and professional experience. The dance program's comprehensive instruction includes strenuous physical conditioning and intensive flexibility and technique training with the goal of challenging even the most experienced and talented dancers to continually improve and refine their dance skills and technique.

Avila University Dance Team
A Record of Success

2000-2001 UDA National Championships 7th Place
2001-2002 UDA National Championships 2nd Place
2001-2002 HAAC Dance Champions
2002-2003 UDA National Championships 3rd Place
2002-2003 HAAC Spirit Squad Champions

Head Coach - Cindy Freeman

Cindy Freeman is the creator of the Avila University Dance Team. Freeman has worked in the Athletic Department in a variety of capacities for the past 9 years, founding the dance program in 2000. Aided by her many years of involvement with dance, she was able to recruit a very strong nucleus of dancers for the inaugural year of the program in 2000-01.

With this foundation she took her team to the UCA/UDA College Nationals Dance Championship where they finished 7th place in the nation as a first year team. In 2001-2002, the Glitter Girls second year of existence, they returned with a 2nd place finish from College Nationals. In 2002-2003, the Glitter Girls and also won the Heart of America Conference Spirit Squad Championship. Coach Freeman was also recognized as the Heart of America Conference Spirit Squad Coach of the Year. The team has been on ESPN several times since the championship was held in Orlando, Florida.

Coach Freeman's work at Avila has not gone unnoticed as she was selected to serve as a judge for the 2003 UDA High School National Championships .

Freeman's objective as a coach is to recruit not only talented dancers, but quality students into her program. Freeman's goal is for every dancer she coaches to feel that they have been part of something special when they leave Avila University. Freeman is married to Steve Freeman and has two children, Mandy and Brad, both attending Avila.

Assistant Coach - Raquel Lathan

Assistant Coach Raquel Lathan begins her fourth year as the assistant dance coach at Avila University. Lathan brings a wealth of high school, intercollegiate, and professional dance experience to the Glitter Girls.

A native of the Kansas City area, Lathan was part of both the cheer and dance squads at Shawnee Mission West High School for three years. Following her high school career, she continued her dance experience as the founder and two year member of the UNITY/S.U.T H. Hip Hop Dance Troupe at the University of Kansas. Lathan also spent four years as a cheerleader for the NFL's Kansas City Chiefs, serving as captain in the 2000-2001 season and being selected to cheer at the NFL's post-season Pro Bowl in Hawaii in 2001. She has resumed her career as a Chiefs cheerleader for the 2003 season.

In addition to coaching, Lathan teaches Reading and Communication Arts to sixth graders at Pleasent Ridge Middle School in Overland Park, KS. A graduate of Avila University, Lathan holds a bachelor's degree in education and lives in Overland Park, KS.

Glitter Girls

Glitter Girls Dance Team

Head Coach
Cindy Freeman

Assistant Coach
Raquel Latham

Liz DiGirlamo Sr
Gladstone, MO

Erin Gray Sr
Raytown, MO

Sherrell Dandy Jr
Kansas City, MO

Mandy Freeman Jr
Kansas City, MO

Jamie Giudicessi Jr
Olathe, KS

Kassie Graziano Jr
Des Moines, IA

Miriah Pulliam Jr
Larned, KS

Catie Sager Jr
Belton, MO

Whitney Abramson Soph
Blue Springs, MO

Kristen Cira Soph
Olathe, KS

Donna Jungman Soph
Raymore, MO

Sarah Mumper Soph
Raymore, MO

Kim Basnight Fr
Kansas City, MO

Betsy Boehner Fr
Lenexa, KS

Hilary Bowlin Fr
Raytown, MO

Anna Cox Fr
Kansas City, MO

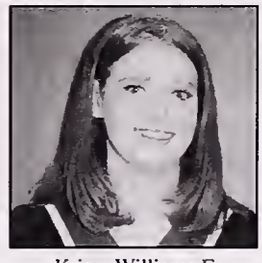
Jaime Elliott Fr
Independence, MO

Courtney Kirkpatrick Fr
Bonner Springs, KS

Katy Singleton Fr
Raymore, MO

Danielle Starkey Fr
Kansas City, MO

Everly White Fr
Fairway, KS



Kristy Williams Fr
Blue Springs, MO

Megan Wright Fr
Lee's Summit, MO

AVILA UNIVERSITY
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Support Staff

Athletic Trainer Jason Means

Jason Means enters his third year as the head athletic trainer for Avila University. Means, a three-sport athlete at Creston High School (IA) and baseball standout at Southwestern Community College (IA) received his bachelor's degree in athletic training in 1997 from Park University (MO).

Following graduation, Means moved on to Phoenix, AZ, where he completed his masters' degree in Sports Health Care at the Arizona School of Health Sciences. While in Arizona, Jason served as the athletic trainer at Phoenix's Central High School and spent the spring of 2000 as an intern for the San Francisco Giants Baseball Club during spring training.

Means then returned to the Kansas City area serving as an athletic trainer for Professional Rehab Service during the 2000-2001 school year working as the primary trainer for Paola High School.

Jason currently resides in Independence, MO with his wife Jennifer.

Asst. Athletic Trainer Amy Roberts

Amy Roberts enters her first year as Avila's assistant athletic trainer. Roberts received her bachelor's of science degree in Health and P.E. from Southwestern College (KS) in 2001 and received her master's degree in Athletic Training Education from the University of Ohio in 2003.

Roberts has been involved in the field of athletic training throughout her college years, serving as a student athletic trainer at Southwestern from 1997-2001. Prior to coming to Avila, Roberts served as the head athletic trainer at Athens HS in Ohio.

The Norman, OK native attended Carl Albert High School and was a member of the Oklahoma 5A state championship team in basketball. She currently resides in Lenexa with her husband, Chad.

Office Manager JoAnn Immele

JoAnn Immele joins the athletic department as its office manager this year. As office manager, JoAnn assists with all the administrative functions of the department and is a valuable resource to Eagle athletes and coaches.

Prior to moving into athletics, JoAnn served for 8 years as the Office Manager of the Science and Math Division of Avila University. During her time there, she served the needs of 14 faculty members and coordinated Avila's Annual Match/Science Challenge for High School Girls. She also created and supervised Avila's Girl Scout Badge Program. In May 2000, she received Avila's Medal of Honor.

Away from Avila, Immele is active in the historical preservation and renovation of the Grandview, MO area. She has received special recognition from the Girls Scouts of America for her work as a Girl Scout Leader. JoAnn and her husband Chris reside in Grandview with their daughters Sarah (21) and Katie (18).

2003 Eagle Athletic Association

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Tom Gordon, J.D., LL.M
Allen & Pam Knaebel

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Norm Dexter
Doris & Bill Frede
Dr. Reulan Levin
Dr. Fred & Pam Geer
The McCarthy Family
Dr. & Mrs. Charles Savell
Mike & Brenda Sharpe

Coaches Club
Joe & Sherri Deighton
John Dejulio
John & Pamela Eagan
Brian Gates
Charlene Gould
Dr. Lloyd Kilmer
Dr. Steve Sirridge
Philip & Teresa Watson
Chip Wiebeck

Gold Club
Serena Aernie
Karen & William Baum
Christina Belt
Mike & Billie Branham
Dr. Amity Bryson
Dr. Stephan & Jillian Maynard Caliendo
John Campbell
Stuart & Stephanie Collins
Carol Frevert
Jan Giacinto
Jeri Goodson
Patricia Harper
Dr. Maria & Ralph Hunt
JoAnn & Chris Immele
Anissa Johnson
Michael & Cynthia Kelsay
Jerry & Carol Krause
Michelle Lockhart
Don & Judy Miller
Robert & Judy Miller
John & Karen Milone, Sr.
Marge & Claude Suplee
Nick Totta

Purple Club
Ernest, Norma, Angie, & Molly Boehner
Steve & Gina Cira
Dr. Susan Fetsch
Gina Frigault
Keith & Cathy Gros
Sr. Marie Joan Harris, CSJ
Alicia Hofmann
Tim & Melinda Lincoln
Robert & Lynne Madeo
Dr. Sue Ellen McCalley
Cliff & Lori Reeves
Douglas & Kathleen Rundle
Stephen & Cecelia Schmitt
Gerald & Michelle Shaffer
Vickie & Chet Trutzel
Glen & Jeanne White
Randy & Penny Williams
Alan & Jennifer Witcher

Eagle Club
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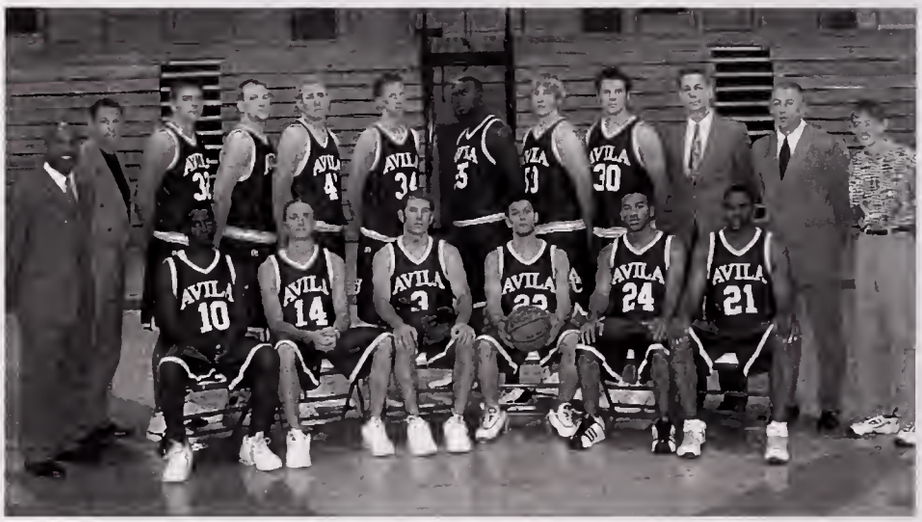
Theresa Basnight
Thomas & Kimberly Beuerlein
Kevin & Lori Bowlin
James & Diana Cates, Jr.
Sharon & James Caton
Sr. Olive Louise Dallavis, CSJ
Dean Family
Lisa Elliot
Robert & Kathryn Green & Family
Tim & Sally Grove
Benny & Kathy Hill
Debbie Horine
Orrell Kurlandski
Walter & Maureen Lewis
Kevin & Tricia Mannering
Mary McDonough
Michael & Mary McNamara
Jeff & Becky Mulnix
Suzanne Mumper
Tom & Loretta Preno
Janet & John Redmond
Dave & Sharon Sager
Larry & Barbara Schenewerk
James Simpson
Dr. Laura Sloan
Stephenson Family
Steve & Cathay Swan
Sr. Ruth Stuckel, CSJ
Uli Sweetwood
James & Teresa Wright

• List is complete as of January 6, 2004

For more information about joining the Eagle Athletic Association, contact the Avila University Athletic Department at (816) 501-3634

Women's Basketball



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Cheerleaders

Glitter Girls Dance Team

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Avila University is a dynamic, Catholic, four-year liberal arts and preprofessional university, sponsored and founded by the Sisters of St. Joseph of Carondelet. The University offers a broad range of studies - from business to corporate communications to allied health, just to name a few. Avila offers nearly 40 undergraduate degree programs and three graduate degree programs, many of which were the first of their kind in the Kansas City area.

For example, Avila was the first college in the Kansas City area to offer programs in nursing ... gerontology ... social work. We're also the first - and currently only - four-year Kansas City college to offer a paralegal program approved by the American Bar Association. We're one of only 23 colleges and universities in the entire country that offer a four-year degree in radiologic technology. And we offer the only accredited bachelor's degree in social work in the Kansas City area.

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Avila's Dr. Fred Geer Academic Cups are awarded annually to the top academic performers among male and female AU athletes.

Avila University

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